

T H E

NEW

FILLMORE

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--Gary Sugiyama

- New Year Resolutions?
- Keeping Safe
- Happy New Year, Ivan

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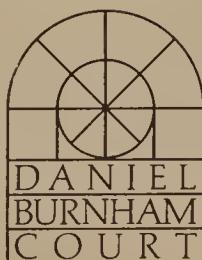


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INSIGHT THE FILLMORE

by Anne Coffelt



January, January, oh another year, another resolution. What's yours for 1987?

Jason Neiss, Kate Neiss,
Ryan Johnson, Marc
Andre Singer and Mark
Mitchell (Interviewed left to
right on the job at Bi-Rite. All
live or work in the
neighborhood.)



Jason: "My only New Year's resolution is to graduate from college in the top five of my class as an electronics major, and once this is accomplished, to become an electrical engineer."

Kate: "I definitely have to teach my other cat a new trick. I trained one how to fetch this past year and I want to get them on David Letterman. But seriously, my resolution is to continue working to get Jason through school, then I plan on working on my own career to become a furniture designer."

Ryan: "My resolution is similar to Jason's, but instead of graduating, I just want to get into a good college, like U.C., where I can learn and become more mature and cultured. My long-range goal is to become a photo-journalist."

Marc: "My major resolution for 1987 will be to pay more attention to my profession and marketing for TDD international, a trading company specializing in Pacific Rim import/export and contract manufacturing. On a lighter side, I intend to conquer the world and give up smoking."

Mark: "The main thing is to finish my Holy Grail book, pure and simple. Back to work on the novel is the main goal. I always have to take holidays off from writing, so the beginning of the New Year, I get back to writing again, ideally publish the sucker."



Robert G. Williams Retired
Semi Driver
Robin V. Nowak Mother and
Claims Examiner
(Both residents of the Haight, but
interviewed here in the Donut
shop)

Robert: "I'm renewing my vows that I've taken in past years, to remain celibate, further my spirituality as a human being, work on aspects of psychic communication, further my education at 43 and give up smoking."

Robin: "I'm going to give up smoking, seriously, hear that cough? I've been smoking since I was 17. I'm now 32 and I can't take it anymore."



Gary Sugiyama, New
Fillmore Photographer,
Ginny Lindsay, New
Fillmore Art Director,
Carlos Valenzuela, area
resident and Hair Designer
at Westlunds (L-R.)

Gary: I have no New Year's resolutions, although the New Year is really an important Japanese holiday and marks new beginnings. The idea is that you pay off all your debts and bury any grudges with friends and start the New Year off with a clean slate. So every New Year has that sort of flavor for me. I don't have any specific resolutions, but overall for myself it means progress and moving on with the times."

Ginny: "I don't plan to have any New Year's Resolutions...I'm always resolving, so what difference does it make if it's on the first of the year or not?"

Carlos: "I guess in terms of contributions to the community or the world in general, I'll benefit the whole world just by being around. I'm wonderful and that's it. Print it!"

THE NEW FILLMORE

The New Fillmore is published monthly from Box 343, 2443 Fillmore Street, San Francisco, CA 94115. (You should see the size of the box!) David Ish, Editor and Publisher, Ginny Lindsay, Art Director, Carol Tolbert Production Supervisor. We warmly welcome letters to the editor, articles, fiction, poetry, and notions. All submissions, whether real or imagined, must be either about something happening in the neighborhood (or at least partially set in the neighborhood if it's fiction) or written by someone living here.

A SAFE response to an attack in the neighborhood

When New Fillmore resident Eva Anderson was attacked "right in front of my house" last month (see the December issue of The New Fillmore), she discovered two good things about life in the big City. One, that she lives on a block filled with friendly, helpful neighbors; and two, that an organization exists to help citizens prevent crime.

For the past ten years, the SAFE (Safety Awareness for Everyone) program has been operating as a right arm of the police department, organizing San Francisco neighborhoods into battalions of citizens who learn to protect themselves from becoming victims of crime.

"We're trying to empower people to take responsibility for their own safety," says Suzanne London, Program Coordinator for SAFE. "We're trained as community organizers and crime prevention specialists."

London reports that there are approximately 12 SAFE blocks in the New Fillmore area, the newest of which was organized by Anderson in the 2100 block of Bush Street after her recent attack. "When the policeman came to take the report, he gave me a card about SAFE, and I called," said Anderson. A SAFE staff member was assigned to help her assess the security of her own home as well as help organize the block into a SAFE neighborhood.

"We do our best to get to know your neighborhood," said London. "We usually help a block organize three meetings. We find out what the citizens' concerns are, and we take statistics from the police department to show them what the crime trends in the neighborhood are."

Anderson and her neighbors have already held one meeting and have the second scheduled for Wednesday, January 14, at 7:30 p.m. Persons interested in attending can contact Anderson at 567-0212. Anderson hopes that residents of the 2100 block of Bush Street and Cottage Row will attend, as well as anyone who is interested in setting up a SAFE program.

SAFE groups usually consist of one or two-block areas of a neighborhood. One or more block captains are chosen, residents are



Walt Gasper, Rhonda Abrams and Eva Anderson in Eva's apartment on Bush Street, preparing for the next organizational meeting of SAFE (Safety Awareness For Everyone.) Eva was mugged in front of her building in October, and Walt and Rhonda were quickly on hand to aid her at the time of the incident. The trio have now acted as part of a core group to start a SAFE organization on the block. SAFE is a non-profit citizens' action organization that helps organize local blocks as a community-based program of crime prevention.

invited to a meeting, and specific neighborhood problems and general crime prevention tips are discussed. A SAFE staff member and usually a police officer are in attendance.

Community involvement is the key to a safe neighborhood, according to London. In neighborhoods where residents know each other, people know when something isn't quite right and know what to do about it.

"The one thing that really helped me after I was attacked," said Anderson, "is that four people in my neighborhood came out to help me. If that hadn't happened, I would have gone on home and been in shock for the rest of the day."

"The most important thing," says Anderson, "is that neighbors get to know each other. They form a support group."

Anderson has lived on Bush Street for 1 1/2

years but said, "I never really realized what a great group of people lived here until they came into my home for the first SAFE meeting. I walk down the street now and I know people."

London stresses the importance of neighbors getting to know each other, and proudly points out that many SAFE groups have evolved into social groups over the years. "Many of the groups get together for barbecues, garage sales, tree plantings and other things. Sometimes they organize to do things like get additional lighting on the street."

Structurally, SAFE is a non-profit agency under a \$317,000 contract with the City. Another \$150,000 comes from a state grant. Funds are also received from private and corporate donations. Eleven staff members work days, nights and weekends to help organize SAFE blocks and provide other community support.

Continued on page 4

Some SAFE guidelines for keeping safe—a checklist

It may sound too simple, but common sense is actually the best defense against crime. The following ideas will help empower you to take responsibility for your own safety:

General tips...

Mark all of your valuable property with your California Driver's License number. Dial 911 if you see a suspicious person, car, or situation. Give police a description of the person, including physical characteristics, clothes, weapons, etc.

If you live in a house...

Make sure that all doors and windows have locks. Put deadbolt locks on all doors leading to the outside. Do not leave an extra key under the front mat or over the door frame. Leave a light on when you are away at night. Stop deliveries, put lights on a timer, and notify the neighbors and the police when you are going away on a trip.

If you live in an apartment building...

Do not admit anyone to the building unless you are expecting the person, or know who they are.

Get to know the people in your building, at least by sight. Refer carpenters, utility or phone workers to the manager, unless you have already made formal arrangements for the work.

If you are elderly...

Travel in pairs. Take a friend with you when you go to the store or the bank. Do not keep large amounts of cash in your home. Do not admit strangers to your home.

If you have children...

Teach them how to use the phone to get help. Make sure they know how to operate doors and locks. Help them learn to avoid being tricked by adults who say a parent has sent them. Thoroughly check the background of babysitters and day care center personnel.

When you are on the street...

Walk along as though you "own the street". Criminals prey on people who look like they are unaware of what is going on around them.

If you find yourself in trouble, do the unexpected... curse loudly, walk out into the street, get attention.

Look at the people you see every day. Criminals do not want to be seen and remembered. They'll be wary if they know you've seen them.

If you operate a small business...

Make sure store windows are kept clear enough so you can see and be seen from the street.

Place your cash register so that customers face the street when checking out. Make frequent bank deposits; post a sign saying you only keep small amounts of cash on the premises.

Keep a telephone by the cash register.

Always have two employees in the store; if this is not possible, keep a light and radio on in the back.

Use sufficient lighting and mirrors so that your customers are visible at all times.

Install an alarm system that can be triggered by a "panic button", and post a sign that says your store is protected by a robbery alarm system.

SAFE

From page 3

"We know a lot about the structure of the police department and other city agencies," said London, "so we can help people make contacts when they have concerns outside SAFE, such as family violence, neighborhood disputes, earthquake safety concerns and so on."

SAFE staffers consider themselves a liaison between the police and the residents of the city, and not only help citizens prevent crime, but help the police department understand the needs and concerns of citizens.

One of the criticisms of the SAFE program has been that SAFE staffers help organize three meetings and then leave the group on their

own. To this London replied, "Right. We're trying to encourage people to do it on their own. The police department and SAFE, we're here as a back-up."

London also pointed out that some neighborhood organizers are people who just want to talk or take control of a group. She says that her staffers are trained to help focus the group and to help them choose a block captain who can be a group leader. "We don't just leave a group. If they're not strong enough, we'll stay for five or six meetings. But we want them to take responsibility for their own group and their own safety."

One of SAFE's newest projects is the establishment of a Neighborhood Watch Sign
Continued on page 6



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Community outreach: A New Year's spacebridge with Gorky Park

Sacramento Street jams with Ivan for New Years

For the lucky revellers exuberating over Martinelli Cider at the San Francisco/Moscow Teleport Party at 3220 Sacramento Street by the Vogue Theater, New Year's Eve 1986 began at 11:30 AM, Dec. 31.

It was the second annual party celebrating the success of this innovative videophone link between San Francisco and the Soviet Union...which also happens to be the only link of this kind in the United States between these two nations at this time officially approved by both governments.

The joint party was sponsored by the SF/Moscow Teleport in cooperation with H.S. Dakin Company, San Francisco, and Komsomolskaya Pravda, a 17-million circulation Soviet newspaper. Celebrants in Moscow were receiving our goodwill at a disco in Gorky Park. They were far more noisy than we, because on their time —10:30PM—1987 was a scant hour and a half away.

Early as it was at 3220 Sacramento Street, the energy level was one of the highest I've ever experienced at any press function; undoubtedly because good will was flowing more copiously than any potable. Ark Communications Director Joel Schatz, who's in charge of the Teleport, calls the videophone link an essential part of a growing trend towards "Citizen Diplomacy."

Indeed, when news media seems to offer us nothing but disappointing non-communication at the level of Summit Conferences, how refreshing to find it so seemingly easy to wish each other joy and, more importantly, peace, across the Iron Curtain.

I had envisioned a bunch of people standing in front of a large television screen, watching another bunch of people halfway across the world waving at us, rather like the science fiction fantasies of videophones. And though two large screens were very much in evidence, the technology is far simpler, though quite effective. The Teleport System is a computerized telephone which, through special cameras, takes pictures of individuals in a freeze-frame method and transmits them electronically to the party (in this case, literally) on the other end, who receives them 10 seconds later in the form of a black and white snapshot reminiscent of a Polaroid. In effect the two parties were trading stills of the goings-on while a broad-



Master of Ceremonies and U.S./Moscow Teleporter coordinator Joel Schatz looks out at the gathered crowd as Jim Channon, puppet in one hand and telephone in the other, stands under a banner of Russian greeting and talks to New Year's Eve revelers in Gorky Park, Moscow. Frozen T.V. images were sent back and forth like Polaroid snapshots between the Gorky park and Sacramento Street locations. It was one of the more international New Years Eve parties held here in the neighborhood.

casting device allowed everyone in the room to hear some of the conversations between the individuals taking turns on the phone.

Schatz, as Master of Ceremonies, with his flowing beard and fervent eyes, looked more like an Old Testament prophet than a New-Age master of computer technologies. He did a wonderful job of organizing his richly assorted collection of notable guests, bringing them to the phone one at a time with the panache of a talk-show host. Participants included Nobel laureate Owen Chamberlain, poet Lawrence Ferlinghetti, Reverend Cecil Williams, sculptor Ruth Asawa, physicist and author Fritjof Capra, feminist philosopher Susan Griffin, comedian Michael Pritchard, Native American leader Bill Wahpepah, painter Joe Sam, cartoonist Morrie Turner, and Japanese Reggae band Ogie Yocha. Professor Owen Chamberlain, stately, thin and white-

bearded, dressed in suitably professorial tweed, was the first speaker after Schatz established contact with the Moscow coordinator, Joseph Goldin. Guests clustered as close to the phone as they could, staring at the screens as Chamberlain's image was frozen there by the video cameras so we could see what picture would beam over to the Russians. "We'd like to see some Russians," yelled Schatz jovially into the receiver. He was having some difficulty hearing the Soviet side of things.

"Joseph Goldin Happy New Year!" shouted Pat Montandon into the receiver. "I'm coming to Moscow with 15 children from around the world March 15-21. Tell Kadya Lechova hello from Starr and from me and..." she rattled off a list of multi-syllabic Russian names that sounded like half the Moscow

Continued on page 19



On the other end of things was Muscovite Joseph Goldin, organizer of the event in Gorky Park. Resting on his shoulders is child prodigy pianist Paulina. This photo from Moscow was spit out of the Teleporter equipment on Sacramento Street like a Polaroid snapshot.



Back at Sacramento Street a Japanese Buddhist Monk rang in the New Year early, and in a different way.

SAFE

From page 4

Program. The signs, which will soon go up in neighborhoods throughout the City, inform would-be criminals that local residents will immediately report suspicious persons and activities to the police. In other cities, the signs have been demonstrated to be effective deterrents to crime, particularly drug dealing and residential burglary.

Anderson hopes that her block will soon have enough participation in SAFE to have the signs installed at ends of her block. SAFE requires that a neighborhood group have at least 50% participation and that they hold at least four meetings a year.

"I think the signs will help," said Anderson. "If you were a criminal, wouldn't you think twice about trying to rob someone in a neighborhood where a large sign is posted saying that suspicious persons will be reported to the police?"

Anderson is grateful that her recent attack wasn't any worse than it was and seems excited about the idea of getting to know her neighbors through SAFE. "It's great," she said. "I hope more people get involved."

Anyone wanting to start their own SAFE block can call 673-SAFE.

--Sherry Hutson

Sherry Hutson is a freelance writer who lives here in the neighborhood.

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Paris as Seen by the Winter Light

Millions of visitors have been transfixed by the beauty of this city they call the 'City of Light'; I found Paris in winter to be a 'city of delight'. Dressed in my winter gear (tights, boots, scarves and gloves), I was prepared for my February arrival and anxious to begin 10 days of dizzying urban excitement in the world's most civilized city.

The first day in Paris one feels an irresistible urge to just walk the avenues and take it all in. My travelling companion, Vicki, and I were out the door of our hotel bright and early that first morning, walking the *Champs Elysee* and congratulating ourselves on our good fortune for being there. Ambling down this wide tree-lined boulevard, one cannot help but

be moved by the grandeur of this ancient city.

From here, one can see looming high above the roof tops on the far bank of the Seine River, the triumph of the Eiffel Tower. This is one of those monuments that has been depicted in photos and movies so often that we think we know what it looks like, but when seen in its environment, and in full scale, it comes as a pleasant shock; sort of like ordering Andre's Cold Duck and being served Mumm's Cordon Rouge instead. I distinctly remember the height of the Eiffel Tower and the view from the top. I remember it because for some wild reason we got off the elevator at the first level (there are three) and climbed the winding staircase the remainder of

the way while wearing leg weights! This was taking aerobics training a bit far.

Thirsty and a bit hungry from our morning exertion, we decided it was time for a little fortification, so we stopped at one of the hundreds of Parisian cafes.

I believe it is the cafe and the obvious delight the French take in them that has given Paris such a marvelous reputation. These cafes all seem to share an 'in' drink and this season it was Kir Royal's (Champagne and Kir). We lunched on these and olives that day; it may not have been extremely nutritious but it was very satisfying.

Of course, the cafe patrons move indoors during these months and getting a good window seat provides the opportunity for people-watching. All of Paris seems to march by the cafe, impeccably dressed, naturally; with full length furs the apparent winter favorite. One of my great joys with Paris in the winter is the lack of other tourists at this time. With the annual ocean of visitors at ebb tide, and therefore no lines or overcrowding in the various public places, the Parisians seem at once both relaxed and patient. We found it quite easy to strike up conversations with the locals in the cafes despite our imperfect French. They actually seem amused by it rather than intolerant.

Following our initiation into the Paris cafe scene, we made our way to the Latin Quarter. This area is made up of winding cobble streets, fronted by wonderful small art galleries, marvelous antique shops, and intimate bistro. The Latin Quarter contains the intellectually pulsating Sorbonne University, the pious and historic St. Germain-des-Pres abbey and the stately and English style Luxemborg Gardens. The product of these varied influences on the Quarter equals more than the sum of its parts. The area is justly famous for its casual and fun atmosphere on the one hand and its elegant sophistication on the other.

The restaurants we dined in were generally small, intimate places with excellent 'nouveau' cuisine.

Our most memorable meal was at L'Orangerie in the *ile St. Louis* area. Beautifully decorated with long stem flowers everywhere and a clientele of well-heeled Parisians, the meal itself was easily the most delicious we had on the trip. Everything in the restaurant was distinctive, including the fact that there was no written menu but one recited by the waiter-excluding the prices! This can be a real test of your French and your diplomacy.

The *ile-St-Louis* section is a very charming neighborhood in its own right; full of quaint 'arty' boutiques, local service shops, small pensions (always sold out), and excellent restaurants. Located on an island in the middle of the Seine, the homes and buildings are among the oldest in Paris. Here, even in winter, one can imagine flowers bursting from window boxes, offering romance with their fragrance. The beauty and ambience of these streets has convinced many successful writers, artists, and history-loving Parisians to make the *ile St. Louis* their home.

Another island in the middle of the Seine is *La Cite*. Originally settled approximately 200 B.C., it is the true center of Paris. As such, it boasts such magnificent landmarks as *Notre Dame* cathedral, a perfection in harmony, and the *Sainte Chapelle*, a Gothic chapel with beautiful stained glass windows. If architecture and old world craftsmanship is your cup of tea, this too is an area you should not miss.

No trip to Paris is complete without a visit to the fabulous series of extensive museums in this city; nor would it be proper to ignore the world class shopping that can be done here. Additionally, I have yet to give you a description of the famous night-life scene in the 'City of Light'; a scene that takes no account of the season!

Unfortunately, my space allotment had been consumed. I shall endeavor to describe the above indescribable in my next column.

Till then, adieu.

Susan Campos is a world traveler and Vice President of Pacific Heights Travel.



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Up and Down The Fillmore

by David Ish

ALLS WELL AT WELLS? I expected Rosabella Safont, the new manager at Wells Fargo Bank to make a difference in employee attitude, but not like this! I was in there the other day waiting for a moment while one of the employees looked up some records for me in conjunction with my getting into my safe deposit box, and in the two minutes it took her to handle the transaction *three different tellers came up to me and asked me if I was being helped.* I could not believe I was in the same bank I had gradually drawn six accounts out of over the years. One of the tellers was even smiling, for God sake. This Rosabella must be a miracle worker. Rumor has it that her largest challenge now will be keeping up the level of customer service as more of her employees transfer out to other branches, being unused to and unwilling to work hard. Good luck Rosabella, we need you!

LEAD US NOW INTO FLEURTATION, the new cut flower shop next to the Trio, which has branched out into exotic silk trees. (God forgive me that awful pun about branching out into trees.) It was something of an astonishing experience to see these highly realistic looking ficus trees with leaves that turn out to be made of, of all things silk. I don't know that the idea of paying \$200 or more for a ficus just for the privilege of never having to water it is really my idea of fun. I guess the thing that is so attractive about them is that they are so astonishingly realistic looking, unlike any other unreal plants I've seen. Poems are writ by fools like me, but only God and the Silkies Manufacturing Company of Huntington Beach can make a tree Still, how would you feel, knowing that you could never make it any happier than it already is by playing it Mozart?

SWEET INSPIRATIONS GOING SOUR?

Sweet Inspirations, which has had something of the reputation over the years of putting so much sweetness in their goodies they sometimes seem to have too little left to put in their employees, recently moved away from medium sullen to outright nasty over a coat that was lost and found and mysteriously lost again. Norma Churchill, a long time area resident and steadfast Sweet Inspirations customer noticed her coat missing one day and called round to the stores she had been at to see where it might be. She tried CP Shades first and discovered from the woman there that Sweet Inspirations had contacted her about the coat because they had it and thought the coat might have belonged to her. Norma went to Sweet Inspirations to pick the coat up and had a nice little chuckle with three of the employees there (they're not all gourches, and even some of the gourches have their better days) about how they were happy to find out whose coat it was and how much fun they all had trying it on. Then one of the employees went into the employee area to get the coat only to return with... no coat, but a fourth employee who had previously been very friendly to Norma as a customer but who was now acting very nasty to her, raising his voice, denying any responsibility for the coat, saying it wasn't around, he hadn't seen it and they weren't responsible for it, it could have been thrown out in the trash, etc., etc. Then he proceeded to publicly berate the poor employee who had gone to look for the coat for suggesting that they might have it. All very weird and strange stuff, which several calls from Norma to owner Byron Mathews have failed to straighten out. We have an article in this issue about a program called SAFE which helps neighbors protect themselves against intruders. But what kind of a program is there to help protect us against people that we know and trust and think we can count on? It's the kind of thing that makes you feel like you're just living in another rip-off city, and it's just not a classy enough act for the New Fillmore.

JACKSON FILLMORE

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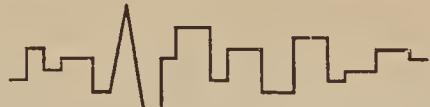
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Munching through brunch at Pacific Heights Bar & Grill. The establishment is one of many in the neighborhood which may well make The New Fillmore "brunch capital of the West."

Brunching through the neighborhood

Brunch should have been the word used to describe the sound of a bagel breaking instead of the rather inelegant word for a great dining idea. Brunch was invented by the same advertising genius who coined cutesy phrases like "coffe 'n' cake" and neologisms of the ilk. But now, brunch has soared above its humble beginnings to become a glorious state-of-mind that exists generally on weekends between 10:30 and 3 p.m., give or take an hour or two. But definitely a meal to take nice and easy.

Historical background aside, the brunch capital of the West is likely Fillmore Street. Within a four block span, one can go from famished to fizzed and fulfilled with friendly fun thrown in.

Consider the possibilities. La Posada, 2298 Fillmore, is into eggs in a big way. Twelve different possibilities, of which five are Meggsican--including chorizo con huevos, sausage and eggs to you, with a not-too-spiced appeal, and the house favorite, huevos rancheros, three sunny-side up eggs topped with jack cheese and a mild salsa and garnished with rice, beans and fresh fruit. All that for \$6.75 and you need make no dinner plans. If you are a gringo there is a seafood omelette and a small New York steak and egg dish.

Fresh orange juice comes with the deal.

Pacific Heights Bar & Grill, 2001 Fillmore, has an ambitious menu served from 10:30 to 2:30. Fresh oysters for starters, generally twelve to fifteen different varieties. Toasted English muffins, home-made popovers, sticky buns and bagels are to munch on while you figure out which way to go for the main attraction. PacBag dishes up a classic Eggs Benedict with applewood smoked bacon for \$6.75, several omelettes, a frittata with avocado, onions and chilies topped with salsa and sour cream, \$6.00, and a smoked salmon scrambled egg special for \$7.50.

Other PacBag tempters include: New England corned beef hash with poached eggs and horseradish sauce, \$6.50; savory seafood crepes, filled with scallops and crab, \$7.00; and ricotta banana pancakes with real maple syrup, \$6.25. On a diet? Have a nice order of smoked trout or smoked salmon and a toasted bagel or order some fresh cracked crab. But, fair warning, the "home-baked" goodies will get you--worth fasting a little on Monday.

Continued on page 13

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The New
Fillmore --
After a
Fashion

by Kathi Wheater

1987 Shapes Up

January. Grey, rainy weather mixed with whistling wind. No holidays, no special characteristics, unless fate dropped you onto earth smack in the midst of that inhospitable territory, a January birthday. If so, salutations. Otherwise, what to do, what to do? You can give yourself up to indoor pleasures or plot the return of a revitalized you. Style stays home because the public show often consists of how many layers you can successfully appropriate to 1) keep from getting wet, 2) stop staying damp, 3) leave the cold out, 4) leave the heat in, 5) keep the house thermostat down. Since what you wear is a natural extension of your personality and self-esteem, why not address the angle of what every New Year clothes you in...the resolution. Sure, great clothes are meant to impress the hell out of everybody, but why not utilize them for the effect they have on you?

So you're making diet, exercise or self-improvement resolutions? Proper exercise attire lets you attack the weights, the courts, the track or aerobics pack in the proper frame of mind. Over at **In Shape** on upper Fillmore, Marlene Barry manages an exercise Bodyware Shop that operates on instant feedback for supply and demand. She's one of the most popular instructors and very good at sweating you svelte--plus she cares about what clothing works hardest for an exerciser.

"We don't stock the flashy L.A.-type mad patterns and risque cuts," she says, "but I think it really does matter that what you wear for exercising makes you feel good--after all it really is a mentality thing. As an instructor, I find myself screaming, 'Give me something new!'" What you will find in her **In Shape** Bodyware shop are leotards, tights and shoes that have proven themselves worthy. Her standards are tough, and clothing must stand up for quality, cut and most importantly, comfort. "You don't want something that's going to pull up every time you stretch an arm or do a split. It's got to be wash and wear and it's got to hold up."

Barry is extremely pleased with a new leotard line called **KOFE**. They have muscle backs and you can buy bras that match up. Made of 50/50 cotton/polyester in winter shades of slate, jade, heather plus white and black, the **KOFE** line is stronger and more comfortable than **Dance France**, Barry feels. It also carries a lower price tag, as **Dance France** items have increased in cost lately.

Aerobic shoes have been steadily evolving, and Barry has recommendations depending on the type of exerciser you are. "I tell my clients not to buy the Reebok Freestyle shoe for aerobics," she explains. "With the changes they have instituted, the Freestyle is a great walking shoe but does not have the support necessary to be a good work-out choice." Her choice for a student who works out 2-3 times a week is Reebok's Charisma shoe, or the Reebok Instructor shoe for more advanced students. Her latest find is the Avia 500, the shoe with greater shock absorbency due to air bubbles under the heel and it's reinforced front that keeps the shoe from stretching.

For warm-ups and activewear, the New Fillmore has **In Shape**, between Washington and Clay, **Hoy Sports** on the Sutter block of Fillmore and **The Body Shop**, next to the Clay Theater. If you're staying inside this rainy season, comfortable clothes that look good give you reason to raise your body temperature. Which brings us 'round to lingerie; but that's another column....and right in focus for February!

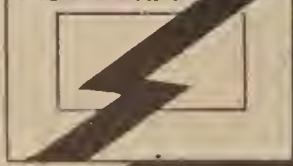
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The New Fillmore antique clothing store, The Best of Everything, goes bi-coastal on March 1, when owner Lorraine Wall opens her newest shop at 152 East 70th Street, off Lexington Avenue in Manhattan.

"I love the faster pace of New York City," she says, "and actually, most of my buying is done on the East Coast and Europe, so I'll be closer to my markets."

Painted Lady goes private; big sale

The Painted Lady antique clothing store at 1838 Divisadero will close its doors January 31, after a decade of business in the area.

Owner Diane Breivis feels it's a metamorphosis she has been heading towards for quite awhile. "I've been doing a lot of traveling and wholesaling these last two years," she explains, "plus half my business lately has come from trunk shows in Los Angeles and New York."

The Painted Lady will still exist, but only at special showings and trunk shows for customers on her updated mailing list.

Many of Lorraine's clients presently fly in from the East coast to purchase her elegant evening wear and opulent jewelry at the store she has run here since 1980, first on Fillmore, then Pine and now on Clay Street. One of Lorraine's previous clients will become her new associate, managing the shop here while Lorraine continues to buy for both the New Fillmore and the New York store.

Diane started her storefront business 10 years ago when her four children were small. The shop was a refuge where she could nurture her passion for exquisite antique clothing. Today the children are grown and Diane spends more of her time on the road, this year in England, France and South America. How can you get on The Painted Lady's mailing list? Call Diane at 563-1073 for information, or come in to her final closing sale the last two weeks of January—all clothing and jewelry in stock plus fixtures such as lamps, rugs, and two pianos, will be priced to go.



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BRUNCH

From page 9

The Elite Cafe, 2049 Fillmore, has a price-fixed brunch. For \$7.95 one can pick an oyster and bacon omelette, or a veal in a spicy Creole sauce served with hot buttered grits and the New Orleans-born Eggs Benedict. Starters include some down-home eye openers--Buck's Fizz, Ramos Fizz and Plantation Milk Punch, all at \$2.50.

Hillcrest, 2201 Fillmore, has some different touches. Here you will find, in addition to a number of different egg dishes, a selection of salads as well as sandwiches.

For example, a curried chicken salad--breast of chicken with cashew nuts, grapes, coconut, celery and chives with a curry-honey dressing for \$6.95. Sandwiches include an ambitious roasted marinated pork loin sandwich on a sweet baguette.

Pauli's, 2500 Washington, has a menu full of various egg dishes, including Eggs Benedict and Florentine, and omelettes Greek, spinach, Mexican, green chili and cheese, all in the \$5.95 to \$7.25 range. From the griddle pops up buttermilk pancakes, blueberry pancakes and French Toast at \$4.95. Brunch is on Saturday and Sunday from 9:30 to 2:30.

Two other places serve fine food but don't call it brunch. Vivande Porta Via, 2125 Fillmore, serves the same wonderful stuff on Sunday, 11:30 to 4:00, that they serve the rest of the days, which means in addition to egg dishes, one can enjoy a good selection of pastas, \$9.25, and dozens of cold dishes like onion cheese tart, \$9.25, chicken or mushroom pie, \$9.25, or stuffed breast of veal—a fantasy of veal breast, stuffed with pistachio nuts and garnished with white bean and caviar salad, eggplant relish and mushroom

pate and walnuts, \$10.00. What, you had that yesterday? Never mind.

For early birds, there is Eichelbaum & Co., 2417 California Street, serving breakfast, then lunch from 8 a.m. to 5 p.m. Eichelbaum has such wonderful desserts, that I'm tempted to start with one, have one for a main course and finish with a third. No problem, there are several health spas that I can check into on Monday.

--Ed Schwartz

Ed Schwartz is a food writer who lives close to the neighborhood.

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Putting Nutrition First

by
Dr. Richard Kunin

Questions and Answers about nutrition and your health.

Diet Resolutions

Here we are at the beginning of a New Year and, hopefully, still on our best behavior. Now is the time for New Year's resolutions and health certainly comes first on the list!

In last month's column we learned that fish oils and linseed oil have a protective effect against atherosclerosis, heart attacks and strokes. The essential fats contained in these oils are scarce in our usual diet. Unless you eat fish with the skin or lots of whole grains and beans, you are not likely to get adequate quantities of these essential oils. So, one resolution that must be included is: eat a tablespoonful of cod liver oil or linseed oil daily or take ten capsules of fish oil concentrate instead.

This resolution is not hard to follow, even for those who hate the fishy after taste of cod liver oil or the oily texture of linseed oil. Just take the cod liver oil before or while eating fish. Sardines in particular are compatible and cover the taste of cod liver oil. If there is an after taste, lemon juice will erase it or, if you like, black coffee is even more effective. Linseed oil is compatible with most dairy products, and salad oils and can be added to coffee or vegetable juices.

The nutrition guidelines of the public health authorities suggest that a low fat, high complex carbohydrate diet is healthier than the more usual high fat, high refined carbohydrate diet that has been associated with the epidemic of heart attacks, cancer, diabetes and arthritis in this country. There is no doubt that the high fiber content of complex carbohydrate slows

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down absorption of sugars and thus protects against both hypoglycemia and diabetes. Fiber also ties up unabsorbed iron and thus protects against bowel irritation. It also protects against absorption of excessive amounts of cholesterol and this may, indeed, add further protection against blood vessel problems.

The whole grains, beans, vegetables and fruits that provide complex carbohydrates also provide vitamins and minerals in abundance. They are low in fat content and thus require less vitamin C, B6 and magnesium in

metabolism than do such high fat foods as red meats, eggs, cheese, milk and butter.

However, in my opinion, the low fat, high complex carbohydrate diet is only a partial solution to our nutrition-health needs. In the first place, most people resist a low fat diet. It is not as palatable and high fiber food takes longer to prepare and longer to eat. Most of us are too impatient and lacking in culinary skills to successfully follow

Continued on page 16

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Looking Good

by
Elana

Happy New Year— All Dried Up?

You bet you are! Most of us believe we only get dry in the summer—wrong! After all the parties, drinking, stress, and going from the cool outdoors to the heated, low humidity indoors, you may pay a price. That price is that your skin, hair and scalp become dry and even itchy. You may notice more flakes and/or what you think is dandruff, your lips may crack and your hair may become fly-away and break more easily. This is not a pretty picture.

Your skin and hair need special care in the winter. Let's start with your hair. Don't be misled by thinking that all you need is a "conditioning shampoo." Unless you have been blessed with "bullet proof" hair, you'll need to use a moisturizer after every shampoo. This will help prevent breakage. And, you should shampoo frequently, as often as every day, to discourage dry scalp and fly-away hair. The lines I recommend most often for these problems are Mastey's "Traite" shampoo (massage into scalp and leave on for a few

minutes) and "Moisturee" conditioner. Other very popular products are La Coupe's "Shampooing Hydratant"—which reestablishes moisture balance and lustre—and, "Clean Scalp Shampooing"—which treats itching and excessive oiliness. La Coupe also makes "Creme Regeneratrice" which repairs and rebuilds chemically treated hair by removing minerals and harmful chemicals.

Beyond your daily treatment, you'll need to give yourself a super conditioning treatment at least once a week—more of a reconstructor and strengthener or conditioning pack. Mastey makes "Superpac" and Nexxus makes "Keraphix." These are easily applied after a shampoo and left on for 3 to 5 minutes, then rinsed out. For extra shine, try Sebastian's conditioner called "Sheen"—it does just that. To protect your hair from the heat of your blow dryer, spray on a thermolizing lotion of

"Infusions 23" before you start, and hold the dryer at least 12 inches away from your hair so that you won't burn it. Be sure to put on your facial moisturizer before you start to dry your hair to protect your face.

To keep your skin from getting dry, first start by drinking lots of water—up to 8 glasses a day. Use a mild cleaning agent, such as Aloegen's "Cleaning Emulsion." You apply it as you would a face cream, add water, lather up and rinse. It doesn't leave any residue and you don't get that tight feeling you get from soap. It also makes a gentle shaving cream for men with sensitive skin.

In the winter, women should avoid astringents and men should avoid after shaves that contain alcohol.

Continued on page 17



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DIET

From page 14

successfully follow such a diet.

Furthermore, even with such a diet, there is still a need for supplemental nutrients, especially in those who suffer intestinal irritation with the high fiber foods, but also to support nutrient intake at higher and more natural levels. Don't forget, even with the best intentions, e.g. a low fat diet, most of us eat out, where we are exposed to partially hydrogenated oils and other forms of food processing that are likely to be concealed by the art of cuisine. Even with food that we purchase and prepare for ourselves, agribusiness and food technology still provide foods of commerce, whose nutrition values have been altered by herbicides, pesticides, fumigants, ripeners, preservatives, coloring agents and now irradiation, to name a few adulterating factors.

So, I agree with Dr. Michael Sporn, research director of the National Cancer Institute, who says: "A

single multivitamin is the best health insurance in America." With the addition of supplemental fish or linseed oil, I think the health benefits are substantially greater. With the addition of individualized doses of vitamins A, C and E at times of stress, infection or toxic exposure further benefits are observed, but these are a matter to discuss with your doctor.

Your most important New Year's resolution is simply: "Put nutrition first for health." With that in mind, practice moderation in your eating habits but include a wide variety in your food choices. In short, eat a little bit of a lot of foods, whole foods, foods that you can still recognize in natural form or that you process yourself, by grinding, cooking and flavoring with techniques that are under your direct control.

Dr. Kunin has his medical practice here in the neighborhood. He is also the author of two important books on nutrition; "Meganutrition," and "Meganutrition for Women."

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DRIED UP BEAUTY

From page 9

Exfoliation is the best way to handle dead skin-- following that, you need to moisturize in the morning and before you go to bed at night. In the winter, you may require a little richer moisturizer and you may need to apply it more often. If your skin is on the oily side, you'll want to use a non-oily moisture lotion or a gel to protect your skin from the elements. This also works for men, especially after shaving.

When my skin is extra dry -- usually in the summer in Mexico or in the winter in San Francisco -- I switch to a protein face cream called "Beleza." It's an old Italian formula that I've used off and on for 15 years. It's one of the richest creams available and seems to have a healing effect. Basically, I use it at night and usually when I'm alone. It has kind of a medicinal fragrance -- not the kind you want to share romantically. I've known a number of women who have used it for years and their skin looks fabulous. Another rich cream made without the medicinal fragrance is Anita of Denmark's "Extra Rich Night Cream."

Be careful when applying moisturizer around the eye area--the tissues here are very delicate. You should pat softly using your ring finger -- which is your weakest finger -- so you'll be more gentle, going from the outside corner of the eye to the nose. You should use creams made for the eye area, as they are lighter and won't cause your eyes to swell in the morning.

City Lites makes a holistic one called "Hyaluronic Eye Creme" which is excellent and Dr. Renaud's is called "Eye Contour Cream."

Lips are the first to suffer in cold weather--they do not produce any oil or moisture, so be sure to always apply a lip moisturizer. Use a Vitamin E stick or an aloe stick, preferably 30 minutes before you go out into the cold and again at night before bed.

And finally, a little magic -- "Malibu Magic," that is. It's a natural spray-on moisturizer. It is an amino acid (naPca) that holds moisture to your skin--wonderful for men and women. It contains no oil or perfume and you can spray it on anytime, before and even after you've done your make up. I wouldn't travel anywhere without it. Another similar product is "Sea Plasma" by Focus 21. It also contains naPca, plus mucopolysaccharides and aloe vera gel. It's an all purpose skin and hair plasma. It comes in both men's and women's formulas and is available in a 2 ounce spray, so you can carry it with you.

So . . . a toast to 1987! We now have all the ammunition we need to beat out Old Man Winter.

All of the products recommended in "Looking Good" are available at all BEAUTY STORE locations (Fillmore Street and three others). If you have any questions, come by and our experts will point you in the right direction!

"*Looking Good*" appears monthly in *The New Fillmore*. Elana Laub is co-owner and vice-president of BEAUTY STORE.

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Great Old Houses # 10



This brooding brick Mansion at 2550 Webster was designed by renowned turn-of-the-century architect Willis Polk.

Willis Polk in brick on Webster Street

The dark and brooding pile of bricks at 2550 Webster Street is often called an architectural masterpiece. It has all the classical ideals of balance, restraint, gracefulness, unity, beauty and repose. Superstar architect Willis Polk designed it for tycoon William Bourn in 1896. Early in the 20th century fashion caught up with its dark clinker brick. The Renaissance-inspired curving pediments, lions' heads, balustrades and massive door surround are unglazed terra cotta. The ground floor is low and submissive, a mere prelude to the lordly main rooms above for their powerful owner.

The client, born in San Francisco in 1857, inherited his father's Empire Gold Mine and other properties before the age of 20, and he managed and increased them with tough determination and drive. He became president of the Spring Valley Water Company, which maintained a monopoly over SF's water supply from 1865-1930. Bourn was also president of San Francisco Gas & Electric, which ended with merger as PG&E. In the wine business he gave us the huge cellars now occupied by Christian Brothers in St. Helena. He presided over the SF Music Society, supported local artists, and promoted the 1915 Panama-Pacific International Exposition.

His architect, Willis Polk, was 10 years younger and had come to SF in 1889. Enfant terrible of the local art scene, Polk founded his own architecture magazine--Architectural News ran all of three issues--helped Gelett Burgess with the little literary magazine The Lark, and loudly proclaimed the new era of beautiful architecture which he and friends had brought to San Francisco. His attention-craving and wildly exaggerating ways made him boon companion at the Bohemian Grove but lost him potential clients.

He was a brilliant designer. Polk scholar Richard Longstreth says in *On the Edge of the World* that this facile, imaginative and temperamental artist worked on intuition but was committed to beauty as the architect's ultimate aim. As well as numerous residences, Polk constructed the Hallidie Building, called the very first glass curtainwall structure, the Hobart Building on Market, and more. He restored Mission Dolores and rebuilt the Pacific Union Club, but his best client was doubtless William Bowers Bourn.

The mansion was Polk's first building for Bourn. He had designed but not built Bourn houses in St. Helena about 1890 and 1894. In 1897-1898 came the "Empire Cottage" and other buildings at Bourn's mine in Grass Valley. In 1905 Polk did the Jessie Street Substation for SFG&E, which set a pattern for that building type in SF. For Spring Valley he designed the delicate Water Temple and the office building at 425 Mason. Polk also is responsible for Filoli, Bourn's elegant peninsula mansion.

The town mansion on Webster was sold by Bourn about 1924 when Polk died. Ever since, it has been beautifully maintained, recently receiving a brand new duplicate of the original slate roof.

---Anne Bloomfield

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IVAN

From page 5

telephone directory. Montandon, resplendent in purple braided turban and purple, red and gold silk fur-lined coat, was radiant with excitement over her work as founder and Executive Director of "Children as the Peacemakers" Foundation.

Time for some absurdity. A man dressed as Zippy the Pinhead took the receiver. His picture froze and was transmitted to Moscow. I wondered what they thought, whooping it up in Gorky Park, of our American sense of humor.

One of the nicest moments came from comic Michael Pritchard, who took the phone while hoisting his young, red-headed son high on his shoulders. "I'm holding in my arms the future. This is the future of the world—our children. God bless all the children of the world, and a very good New Year to all the people of Russia."

From the Soviet side we communicated with

an Olympic champion in dressage and a child piano prodigy named Paulina. Around 12:45 pm our time Schatz shouted, "They've stopped communicating - they're just partying over there." One of the two video screens showed a color broadcast from Russia of factories and fields, tractors and children and cities. Everything is sunshine and positivism. It's what the people in the USSR were viewing as their countdown to 1987.

And then the Russian national anthem came through and the Teleport screen stopped transmitting. It was midnight in Moscow and New Year's pandemonium triumphed over technology.

Back at 3220 Sacramento Street, a shaven-headed Japanese Buddhist monk in black robes, white socks and Birkenstocks hammered a huge hanging drum. The solemn percussion quieted things for a moment and preceded the lively beat of the Japanese reggae band. Formal international communication was over, and serious San Francisco partying had begun.

--Leslie Harlib

Leslie Harlib is a freelance writer who lives in the neighborhood. Her work has appeared in The Bay Guardian and The Village Voice.

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Paying Attention to Your Car

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First lets check all of the fluid levels. This is especially important if you are planning on a trip to a cold climate.

You should have your radiator checked to make sure you have enough anti-freeze to handle below freezing temperatures.

If you keep water in your window washer bottle it should be replaced with window washer fluid which will not freeze and which will also help dissolve some of the grim from the road. For better visibility in rainy weather clean windows with scouring powder and replace wiper blades (See special below).

Check battery water level and check battery terminals.
Check tire inflation.

Tire pressure decreases in cooler weather.

Bad Weather Driving Tips...

Remember to allow yourself extra turning and braking space in bad weather. Try not to drive through unplowed snow. Don't use high beams in fog, rain or snow. If visibility is limited drive at a slower but steady speed. Check dashboard lights and gauges frequently.

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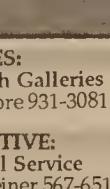
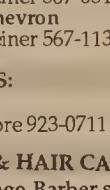
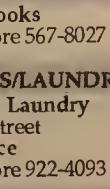
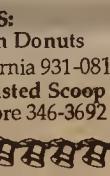
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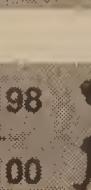
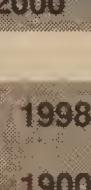
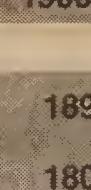
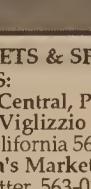
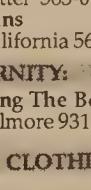
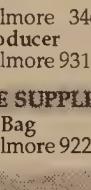
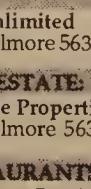
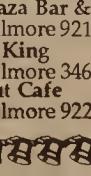
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